

Brighton Union Cricket Club

Health and Safety Policy

Brighton Union Cricket Club encourages the safe enjoyment of cricket by all people involved. Some specific areas that players should be aware of are: sun smart, smoking, alcohol practices and safety at training and during matches.

Sun smart:

- Apply 30+ sunscreen on all open skin before play
- Re-apply as necessary throughout the day
- Wear an appropriate hat – a green Brighton Union cricket cap or white wide brimmed hat
- Wear a shirt with a collar – preferably long or $\frac{3}{4}$ sleeve
- See the website policy page for information about extreme heat

No Smoking:

- While actively playing, training or umpiring
- While performing scoring duties
- No smoking on the playing field at all
- Inside club rooms and any unventilated area
- Consideration of others (at least 3 metres away from non-smokers):
 - During afternoon tea (or around any food)
 - Around anyone actively training or participating in a game
 - Around doorways
 - At social functions
 - If someone asks you

Alcohol Consumption:

- Alcohol to be consumed only by those over the age of 18
- Peer pressure is not to be used on members or visitors of the club
- No alcohol to be consumed prior to or during a scheduled training session or game by a player or an official directly involved
- Alcohol is to be served according to responsible service of alcohol regulations and the liquor licence terms and conditions of the club's premises

Safe Training and Playing Conditions:

- The committee recommends that all players make their own assessment of conditions before playing or training. While every effort is made to make conditions as safe as possible, ultimately, players play the game and train at their own risk. Spectators/parents are also advised to take appropriate caution whilst watching training or games
- Proper protective gear should be used at all training sessions and games. It is the player's responsibility to ensure that their own personal equipment is maintained to an appropriate, safe standard.
- An unfit or injured player should not take the field
- Stretches and warm-ups should be performed prior to taking the field
- Stretches and warm-downs should be performed after taking the field
- Take care when standing in front of the nets during practice and do not stand inside the nets unless you have a good reason to be there
- Give special consideration when younger people are involved in training or matches with seniors
- First-aid kits should be available at all games and at training sessions. There should be a stretcher and ice pack available at all home games
- All significant injuries that occur during scheduled training sessions and matches should be reported to a member of the committee within 2 days
- The committee strongly advises all players to ensure they have adequate insurance and ambulance cover
- Players should ensure their contact details including emergency contacts are up to date on the MyCricket website
- Common sense and the safety of others should prevail

Safety is the responsibility of all involved at the club. Enjoy your cricket. Good luck and have a safe and successful season